

Cataract Surgery | Dr. Rashi Sharma – Expert Eye Care for Clearer Vision

Cataracts are a common age-related eye condition that causes clouding of the natural lens of the eye, leading to blurred or dim vision. It is one of the leading causes of vision impairment globally. Thankfully, modern cataract surgery is safe, quick, and highly effective.

Dr. Rashi Sharma, an experienced and compassionate ophthalmologist, specializes in advanced cataract surgery and personalized eye care. With a commitment to restoring your clear vision, Dr. Sharma ensures that every patient receives the most appropriate surgical treatment and post-operative care.

What is a Cataract?

A **cataract** occurs when the natural lens of the eye becomes cloudy due to the clumping of proteins. This cloudiness prevents light from passing clearly through the lens, resulting in blurry vision.



Common Symptoms:

- Blurred or cloudy vision
- Difficulty seeing at night
- Glare or halos around lights
- Faded colors
- Frequent changes in eyeglass prescription
- Double vision in one eye

Causes of Cataracts:

- Aging (most common)
- Diabetes
- Eye injuries
- Prolonged exposure to sunlight (UV rays)
- Smoking and alcohol use
- Prolonged use of corticosteroids
- Genetic factors

Cataract Surgery Procedure:

Cataract surgery is typically done as an outpatient procedure and takes about **15–30 minutes**.

Surgical Steps:

1. **Anesthesia** – Local or topical anesthesia is applied.
2. **Small Incision** – A small incision is made in the cornea.
3. **Lens Removal** – The cloudy lens is broken up using ultrasound (phacoemulsification) and removed.
4. **Intraocular Lens (IOL) Implantation** – A clear, artificial intraocular lens is inserted.
5. **Recovery** – The incision usually heals without stitches.

Benefits of Cataract Surgery:

- Restores clear, sharp vision
- Enhances color perception
- Improves night vision
- Increases independence and quality of life
- Safe, quick, and effective with minimal downtime

Post-Surgery Care:

Dr. Rashi Sharma provides detailed post-operative care instructions to ensure fast and safe recovery:

- Use prescribed eye drops to prevent infection and reduce inflammation
- Avoid rubbing the eye
- Wear protective glasses
- Avoid heavy lifting or bending
- Attend all follow-up appointments

Recovery is usually complete within **4 to 6 weeks**, though many patients notice improvement in vision within a few days.

Why Choose Dr. Rashi Sharma for Cataract Surgery?

- Years of experience in ophthalmic surgery
- Advanced, blade-free surgical techniques
- Personalized lens options based on lifestyle
- Excellent post-operative care and follow-up
- Patient-centric, ethical approach

Conclusion

Cataract surgery is a life-changing procedure that can restore vision and improve your daily life. With expert surgical skills and compassionate care, **Dr. Rashi Sharma** ensures a safe, comfortable, and successful journey to better eyesight.

Contact :

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